



**STATIONS OF THE CROSS**  
**(FOR PEACE IN UKRAINE AND IN THE WORLD)**

**FIRST STATION:** Jesus is condemned to death.

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Pilate knew that Jesus was innocent. Jesus spent his life helping and serving people, and yet Pilate condemns him to death. The people of Ukraine are innocent citizens, and a war has been imposed on them.

**PRAYER:** Jesus said, “In the world, you will be persecuted, hated and attacked.” For the last several days, the people of Ukraine are under attack from the Russians. Jesus said, “Ask and you will receive.” Let us ask Jesus to bring peace to Ukraine.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**SECOND STATION:** Jesus accepts the Cross.

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Jesus was without fault and without blame. Yet, He willingly and courageously embraced the Cross. He did not shy away from it. Jesus taught us to accept our cross without bitterness and rancour, but with courage and hope.

**PRAYER:** Jesus, you said, “If you wish to be my disciple, take up your cross and follow me.” You knew that there will be salvation through your Cross alone. We are sorry for the many times we refuse to accept our Cross. Have mercy on us, O Lord. Help the good people of Ukraine to accept their present suffering with courage and confidence and hope in their hearts. We pray, Jesus, with the People of Ukraine,

that you enlighten the leaders of Russia, Ukraine and Europe, and inspire them to stop this senseless war and destruction.

**LEADER:** Have mercy on us O Lord.

**ALL:** Have mercy of us.

**THIRD STATION: Jesus falls the first time.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** The burden of the cross and the sin of all humanity was too heavy for Jesus, and therefore he fell. There are moments when we too feel that our problems and suffering is too much. Help us, Jesus, to be firm and confident in our own suffering. The people of Ukraine are overwhelmed by this unexpected war.

**PRAYER:** We human beings are not almighty and perfect. We are weak and limited and finite, so we are overwhelmed and overpowered by suffering. Jesus, you said, "FEAR NOT." Help us Jesus, to give up *all our fears, anxieties and doubts. Let the people hear you say to them, "FEAR NOT. I am with you." In the moment of crisis, help them to trust you. Let us all believe, war is not final, but peace is final.*

**LEADER:** Have mercy on us O Lord.

**ALL:** Have mercy of us.

**FOURTH STATION: Jesus meets His mother.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** What a touching, heart-rending and poignant scene! A wounded and bleeding Jesus meets his sorrowful and desolate mother. Mother Mary lived only for Jesus. Therefore, her pain was too deep for words. Jesus, who was a humble and obedient son of Mary, knew his mother's compassionate heart, and was therefore greatly sorrowful to meet his weeping mother.

**PRAYER:** Dear Jesus, you and Mother Mary suffered not for yourselves, but for our salvation, to give us an example and inspiration. Today, many mothers are weeping everywhere for their children. In Ukraine, mothers are weeping for their children, because they are killed, wounded, deprived and displaced. So many of our fellow Indians are stranded and greatly inconvenienced because of the war. What a suffering

of these mothers for their children! Dear Lord, help us all to think of the suffering of mothers, parents, relatives and near and dear ones.

**LEADER:** Have mercy on us O Lord.

**ALL:** Have mercy of us.

**FIFTH STATION: Simon of Cyrene helps Jesus carry His cross.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Simon of Cyrene has learnt an important lesson for life. We should not be lost in our own private affairs. That is being selfish, unconcerned and unsympathetic towards the plight of others. It is a great quality in life, namely, to reach out to others.

**PRAYER:** Dear Lord, You yourself fare the supreme model of concern for others. You welcomed the offer of Simon of Cyrene. We all like to receive help from others. We are sorry, Lord, for the many times we have not helped others, our neighbours or strangers in their needs. Jesus, give us a heart for the people of Ukraine. Help us to feel for them and to pray for them. Jesus, inspire those who can directly help them to do so.

**LEADER:** Have mercy on us O Lord.

**ALL:** Have mercy of us.

**SIXTH STATION: Veronica wipes the face of Jesus.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Veronica is moved with mercy and compassion for Jesus. She musters courage and rushes to Jesus, and boldly and unashamedly cleans His face. We should never be shy and timid to show sympathy to those who are suffering.

**PRAYER:** Dear Jesus, thank you for the great example of Veronica. Help us to be like her. Help us to realise that when we sympathise with others and help them, we help you. We are sorry for neglecting the sufferings, problems and afflictions of others. Give your Holy Spirit to world leaders, and move their hearts to realise the immense suffering of the hapless citizens of Ukraine.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**SEVENTH STATION: Jesus falls the second time.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** In life, suffering never comes to an end. It will always recur one way or the other. We should be realistic enough to accept it and to face it. It is an unjust suffering inflicted upon the people of Ukraine.

**PRAYER:** Dear Lord, we feel crushed under the weight of our cross. You yourself, our Lord and Saviour, fell a second time. Help us not to be negative, pessimistic and dejected, but to rise from the fall. Bless the people of Ukraine, Lord. Help them to remain firm, strong and calm during this time of suffering in their lives.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**EIGHTH STATION: Jesus meets the women of Jerusalem.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** The women were crying for Jesus. It was certainly their noble act of compassion and love for Jesus. But they did not know that Jesus was suffering and dying for the people of the world. Jesus dies for our salvation. The women and we too have to realise this.

**PRAYER:** Dear Lord, help us to realise that we are all sinners. We thank you, Jesus, for your suffering for our salvation. The war in Ukraine shows how life is made miserable by the sins of human beings. Our selfishness, pride and arrogance causes suffering to others, as we now see in Ukraine. Help us, Lord, to repent and change ourselves and our sinful lives.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**NINTH STATION: Jesus falls a third time.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Jesus was tired, hungry, thirsty and wounded. He falls a third time. Totally innocent, Jesus had to suffer so much for us all. He becomes one with our sufferings. He takes them upon himself, and therefore he is burdened; that is why he falls a third time.

**PRAYER:** Dear Lord, we realise how much you suffered for us. We thank you Jesus; You are our Saviour. You know and see, Lord, that so many people everywhere are helpless, lost, and in great pain and anguish. Bless them and give them your consolation. Let peace return to Ukraine, Lord.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**TENTH STATION: Jesus is stripped of His clothes.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** People have lost their humanity. They humiliate and degrade Jesus. They strip Jesus of his clothing. Today, so many people, especially women, are degraded and humiliated in Ukraine, in India and other parts of the world.

**PRAYER:** Lord Jesus, forgive us for being cruel to our fellow human beings. In so many ways, we mistreat and insult people. In many places, soldiers and armed personnel commit atrocities against people; they abuse women. Lord, help armies to respect the international laws and conventions respecting the dignity of every human being during wartime.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**ELEVENTH STATION: Jesus is crucified.**

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Crucifixion was the most painful, humiliating and cruel punishment. Jesus accepted this punishment in holy obedience to the will of God. However, we have no business troubling, harassing and torturing anybody. The citizens of Ukraine do not want war. Violence and war benefit no one and have no winners.

**PRAYER:** Dear Lord, by our sins we crucify you. Help us in this Holy Season of Lent to give up our sinful ways and habits. Take away from us any trace of cruelty. Give us the grace not to cause any pain to others. Make our hearts more sensitive, sympathetic and compassionate.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**TWELFTH STATION:** Jesus dies on the Cross.

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Jesus said, "Father, into your hands, I commit my spirit." Jesus' death was not only a murder. It was a sacrifice for our salvation. Jesus offered his sacrifice willingly for the salvation of the world.

**PRAYER:** Dear Jesus, your suffering and death were your own free acts of choice. You lived a free life and died a free person. You used your freedom to help, to heal and redeem us. Help us also not to be slaves but to live as free persons, enjoying the freedom of the fullness of life that you give us. We also pray Lord, for the people of Ukraine, so that they may live as free persons in their own country, joyfully and charitably.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**THIRTEENTH STATION:** The body of Jesus is taken down from the Cross.

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** What a terrible sorrow for Mary to receive the dead body of her only Son! We cannot imagine the sorrow of the desolate Mother. What must be the sorrow of mothers who have to receive the dead bodies of their children in different parts of the world and in Ukraine!

**PRAYER:** Dear Jesus, we thank you for the gift of Mother Mary. She received your dead body with full faith and trust in the Heavenly Father. Mother Mary, bless mothers all over the world, and in Ukraine and Russia who are deprived of their children. Deepen their faith in Jesus, the Saviour of the world.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**FOURTEENTH STATION:** Jesus is laid in the tomb.

**LEADER:** We adore you, O Christ, and we bless you.

**ALL:** Because by your holy cross you have redeemed the world.

**REFLECTIONS:** Jesus lived and died like a human being. Jesus teaches us to accept our own humanity, our human condition. We must accept our death and be prepared for it. A realistic acceptance of our situation in life is necessary. What is happening in Ukraine is shameful and terrible. But they must have the courage and willingness to accept it as the cross of suffering that will ultimately lead to liberation.

**PRAYER:** Dear Jesus, in holy obedience to the Heavenly Father, you accepted to become one like us. Help us to accept our human condition. Strengthen us to live as your disciples and to be ready for a death like yours. Dear Jesus, bless the people of Ukraine. May their suffering come to an end. May peace return to Ukraine. Help us Lord, to be peace-makers, because then we shall be called children of God.

**LEADER:** Have mercy on us O Lord.

**All:** Have mercy of us.

**FOR THE INTENTIONS OF THE POPE:** Our Father . . . Hail Mary . . . Glory be...

**-By Bishop Thomas Dabre is the Bishop of Poona.**